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VOL. X

NO. 1, JANUARY 3, 1963

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JUVENILE GRANGE MEETING

The Mattapoisett Juvenile Grange held its meeting last Friday night with the worthy master Barry Denham presiding.

Reports were made by David Bradley, Bird and Conservation chairman, on the number of blue jays around.

Doris Fearing, Home and Community Service chairman, reported on the visit to the Nursing Home they made for Christmas.

It was also discussed and voted to send the doll, the committee dressed, to a little girl in the Lakeville Hospital.

A membership drive committee was appointed with Joanne Pierce chairman, assisted by Corrine Lawrence, Carolyn Lewis, Edward Alves and James Costa.

It was voted to have the traveling food sale that was postponed before Christmas. The date is to be announced later by the matron and master.

The Lecturer's program, Talent Night, under the direction of Marilyn Lewis, consisted of singing by the members, a story was read by Jane Harris entitled "Foreign Children", a clarinet solo by William Harris, and Steven Kelley did the twist.

A cup cake contest by the boys and girls brought out many delicious cup cakes. The members brought in three each, one for the

COVER
THE OLD GRIST MILL
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judging and two for refreshments.

The judges were past matron, Barbara Heuberger; Ruby Barber and past master, Otto Kellish.

The winning cooks were three boys, Barry Denham, first, who made chocolate cup cakes; Milton Vaughan, second, for his white cup cakes; and third prize went to Leon Lewis who brought in the most attractive.

These boys will enter the contest in Pomona at a later date.

Hosts for refreshments were Allen and Milton Vaughan.

At the end of the program, the master played a recording of the program and this was enjoyed by all.

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GRANGE WHIST PARTY

The Mattapoisett Grange whist party will be held in the Grange Hall Monday night, January 7th, at 8 o'clock.

John Figueiredo, Albert Pemberton and Isabel Farwell are the hosts.

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THANK YOU

I sincerely thank everyone for the cards, visits and kindnesses to me during my recent illness.

Mrs. Ethel Morey
Prospect Road, Mattapoisett

WOMAN'S CLUB CHRISTMAS PARTY

Final event of a successful year for the Rochester Woman's Club was the annual Christmas dinner and party attended by twenty-four members and guests. Mrs. Margaret Benner was hostess and was assisted by Mrs. Irving Ellis and Mrs. Raymond King.

Blue spruce and golden candles adorned the table centered with a milk glass bowl filled with bright Christmas balls. A delicious turkey dinner was served with plum pudding and coffee for dessert.

Gifts were exchanged and each recipient tried to guess who had given it. Carols were sung after the dinner with Mrs. David Fearing at the piano.

Those who attended were Mmes. Marian Church, club president; Greenwood Hartley, Sr., Timothy O'Brien, Greenwood Hartley, Jr., Arthur Lundberg, Abraham Jackson, Henry Smith, Robert Felton, Albert Hellyer, Roger Wood, C. Condit Peirce, George Church,

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Years Ago

By C. M.

100 Years Ago -- 1862

Mrs. George Purrington Jr.'s Diary:

Nov. 5. I went down to the Hall (Purrington Hall) to Soldier's Aid Meeting.

Nov. 7. A severe wintry storm--fierce wind. The smoke was so bad in the sitting room we were obliged to take refuge in the parlor.

Nov. 10. Went to Literary at the Parsonage. Mrs. Parsons read some of Robert Burns' poems, and also an account of "Blind Tom" from the Atlantic Monthly.

Nov. 22. Another rainy day. Mrs. Howes called this forenoon and read us a letter from her husband. (Woodbridge R. Howes, 1st Lieut., Co. D, 18th Mass. Reg.)

Nov. 24. After tea, Lizzie Mayhew called and we went to Literary at Lizzie Winston's. Essays were read on the Lives of the three Christian poets: Bishop Heber, Robert Pollock and James Montgomery. Then Mrs. Parsons read selections from their poems---and a poem by Robert Browning.

Nov. 28. (William S. Wilcox, 5th Batt. Lt.

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Art., died in hospital at Falmouth, Va.)

Nov. 30. (Charles H. Tinkham, Co. D., 3d Mass. Reg., died at Newbern, N.C.)

Dec. 5. Father had the pig killed yesterday, and mother has been busy enough, all day.

Dec. 6. Cold, and a fierce wind all day.

Dec. 10. In the P.M. I went to Soldier's Aid Meeting at Mrs. Eaton's. We had a good deal of work sent us from New Bedford.

(Franklin A. Lobre, Co. I., 3d Mass. Reg., was taken prisoner at Plymouth, N.C.)

Dec. 13. (George D. Snow, Co. D., 18th Mass. Reg., was killed in action at Fredericksburg, Va.)

Dec. 15. A pleasant day, and mother and I washed this morning. After dinner Mr. Nathan Barstow called for the key to the Hall. A town meeting was held there this afternoon to decide about drafting men for the Army.

("Voted to pay a bounty of one hundred and fifty dollars to volunteers who enlist for three years.")

Dec. 19 We have heard bad news from our boys in the Army today--some of them were wounded in the late battles, (Fredericksburg) and some are missing. And from our company in North Carolina three are taken prisoners, and Mr. Eaton is sick.

Dec. 20. Extremely cold, kept within doors all day.

Dec. 21. Colder than yesterday.

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Dec. 22. Awoke to find it snowing this morning and not as cold as yesterday.....afternoon preparing for Literary. We had the Life and Writings of MacCaulay for our subject this eve and it was very interesting.

Dec. 24. In the afternoon...Mrs. Parsons came, in great haste for me to go to Mrs. James Cannon's (present home of Mr. and Mrs. K. Wood) to help about making crowns for the children to wear this evening.---Went there and finished them, then carried them to the Hall. In the evening went to the Christmas Festival where everything passed off very pleasantly. I sold candies nearly all the evening.

Sund. Dec. 28. Attended Church in the afternoon. Mrs. Parsons preached a sermon commemorative of those of our number who have died in the Army.

Dec. 31. A severe storm of snow and wind. And so this year ends, and I cannot see what the New Year has in store. More sorrow than happiness, perhaps.

EXPRESS THANKS

Mr. and Mrs. William Inglis wish to express deep gratitude and thanks for the many get well cards and Christmas cards sent to Mr. Inglis during his illness. The beautiful flowering plant sent from the Mattapoisett Congregation-

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al Church was also very much appreciated. May the coming year bring blessings to you all.

GUILD PROGRAM

A program, Skits on East Asia, "The Trouble Shooter" and "Land of Faith and Fear" will be presented at the meeting of the Women's Community Guild of the Mattapoisett Congregational Church Tuesday, January 8th, in the parish hall at 2:30 P.M. Mrs. George C. Bradley, Jr. will lead the worship service. Hostess for the coffee hour will be Mrs. William J. Spark, Jr.

KEITH FINDS ENTHUSIASTIC SUPPORT IN DEVELOPING NATIONS FOR "FISH FLOUR"

Congressman Hastings Keith (R-Mass.) has returned to the Bay State from a 2 1/2 week, 35,000-mile tour of the Far East and Latin America with renewed enthusiasm for the potential worldwide value of fish protein concentrate, a newly-developed seafood manufactured in New Bedford.

"The first-hand endorsements I received for FPC and the amazing results I witnessed of its use in fighting malnutrition - coupled with the appalling need in these countries for an inexpensive source of protein-rich food - convinced me that the federal government must waste no further time in clearing the way for its full-fledged production," Keith declared.

A colonel in the Active Army Reserve, Congressman Keith left Nov. 25 for a tour of Pacific and Southeast Asia military installations. He returned to West Bridgewater December 16. On the return journey, in behalf of the House

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Commerce Committee, he visited Mexico and Peru, where extensive research has been undertaken on the nutritional benefits of FPC or "fish flour," as it is sometimes known.

VISITED LATIN AMERICAN HOSPITALS

In Mexico City, Keith met with staff doctors of the Hospital Infantile, which is a leader in the field of nutritional studies with FPC. In Lima, Peru, he met with members of the Peruvian fishing industry, as well as Dr. George Graham of the British-American Hospital.

"The Mexican Hospital and Dr. Graham have achieved spectacular results in treating very young victims of Kwashiorker (severe protein deficiency) with New Bedford-made fish protein concentrates," the Congressman noted.

"This is the same product the U. S. Food and Drug Administration has opposed because it claims the American public would find it 'esthetically objectionable,'" he said.

The West Bridgewater Congressman has led a two-year fight in Washington to overcome the FDA ruling, which he has called "arbitrary and without scientific basis."

Keith made his military assignment to the Far East serve a dual purpose by interviewing physicians and scientists in Taipei, the Philippines and Thailand with regard to their use of FPC and the nutritional needs of native

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"With more than half the world's population suffering from various stages of malnutrition," Keith said, "one of our greatest concerns must be to find plentiful new sources of food. The sea is the only virtually untapped food supply left to us."

NEW BEDFORD FPC USED IN MANILA

In Manila, Congressman Keith met with Dr. Eugene Stransky of the Philippine General Hospital. Dr. Stransky had high praise for FPC and told Keith that considerable use was being made of it in the Philippines.

The diet of the rural Philippine family consists primarily of rice and boiled vegetables, along with some dried fish, Keith said. Malnutrition is widespread and other sources of protein - peanut flour, milk, soy beans and, to a certain degree, meat - cannot keep pace with the demands of an expanding population. "This is true throughout much of the world. Yet, fish are plentiful and can be easily converted into an inexpensive food supplement in the form of FPC.

"The fact that 'fish flour' requires no refrigeration would be a tremendous factor in the tropics," he said.

PROTEIN 'COMPLETE' IN FPC

Dr. Stransky told Congressman Keith that any protein to be supplemented in the native diet of the Philippines, or any other developing nation, must be a "complete Protein," having all the amino-acids in a favorable ratio. "This is true of 'fish flour'," Dr. Stransky said.

Experiments using the New Bedford concentrate are continuing in the Philippines. In addition to the work being done at the General Hospital, the product is being introduced into the diets of youngsters at a children's home in Manila.

"In each case weight gains and general health improvements have been dramatic," Keith added. "This is the best possible evidence in support

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of our case for 'fish flour,' and I intend to make my report to this effect to my Committee and to the FDA during the coming session of Congress.

MILITARY INFORMATION VALUABLE

Regarding his military assignment, the Congressman noted that his unit has as a part of its responsibility keeping abreast of military developments in critical areas.

"Since I am a member of Congress, as well as a reserve officer, this inspection tour serves a dual purpose when I am called upon to make important judgments on matters concerning our defense policy and national security."

His unit inspected installations at Okinawa, Taipei, Bangkok, Manila, Guam and Kwajalein, site of the Nike-Zeus anti-missile missile test facilities.

EXHIBIT OF TREE STUDIES

Mattapoisett Girl Scouts mounted an attractive and informative exhibit at the Mattapoisett Library to illustrate their studies of local trees. Various species of pines and firs were mounted as well as the finished woods derived from these different trees. The display was there during the Christmas holidays.

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TIDES

1963	High		Low	
Jan.	AM	PM	AM	PM
3	1:31	2:01	7:13	7:39
4	2:34	3:03	8:31	8:45
5	3:34	4:03	9:49	9:52
6	4:31	4:59	10:57	10:52
7	5:27	5:52	11:55	11:47
8	6:18	6:42	-----	12:45
9	7:08	7:31	0:36	1:30

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